

Ridgeview Medical Center (952-442-2191)

Volunteer Services Information Session (February 13 11:00 a.m.)

Ridgeview Volunteer Services is looking for volunteers 14 years and older to assist in more than 20 different areas throughout the hospital, clinics, and 212 Medical Center. To learn more, attend an informational session.

Advance Care Planning (February 23 1:30 p.m.)

Planning for future health care needs. Who would speak for me if I were not able to speak for myself? If asked to make critical health care decisions for a love one, would I know what to do?

Waconia Community Education (952-442-0610)

Non Certification—First Aid CPR/AED Training (February 5: 3:00 p.m.)

With an emphasis on hands-on learning, this CPR course gives you the skills to save a life.

Getting Started on Facebook (February 11: 6:30 p.m.)

This informal class will show you what you can do with Facebook, how to share information with your family and friends as well as how you can “like” a business page to stay connected with events and activities that you so choose.

Beginner Quilting for Adults (February 19 & 21: 6:00 p.m.)

Learn beginning quilting skills with a fun and easy quilted pillow.

Wellness Series – Keeping a Healthy Memory (February 20: 10:00 a.m.)

Aegis Therapies offers a monthly wellness series at Good Samaritan Society, Waconia Westview Acres, on the third Wednesday of each month.

Music Education Series – Goin’ Courtin’ (February 21: 10:15 a.m.)

Jenna Simpson, Music Therapist will present use of music in “courting” through the ages, plus some insight into some of the most popular songs used in the past in the Westview Acres Fireside Room.

Mackenthun’s (952-442-2512)

Healthy Living Series— American Heart Month (February 6: 3:00 p.m.)

Learn about what heart disease is and how you can reduce your risk.

Waconia Area Senior Center (952-442-4642)

Bridge Club, Hand & Foot, 500 and other games (February 6, 20, 27: 12:30 p.m.)

Make Valentine cards with Karen Sackett (February 13: 10:00 a.m.)

Baked Potato Bar \$3 (February 13: 12:00 p.m.)

TEN CENT BINGO (February 13, 27: 1:00 a.m.)

Music by We Three Kings (February 20: 11:00 a.m.)

Ron Kolb presenting on his trip to Kenya (February 27: 11:00 a.m.)

Free Lunch with New Perspectives (February 27: 12:00 p.m.)



Senior Connections February 2019



Based on feedback from the Talking ‘Bout My Generation survey and focus groups that were conducted in the summer and fall of 2017, the City of Waconia and Waconia Commission on Aging have developed a monthly newsletter and calendar outlining the events and activities that may be of interest to the senior population. Pick up a calendar at City Hall, Safari Island, or the Waconia Library or download a version from www.waconia.org!

Safari Island (952-442-0695)

Arthritis Aquatics (M/W/F: 8:00 a.m.)

Low impact workout increases strength, flexibility, endurance, circulation and balance.

Senior Boot Camp (M/F 10:30 a.m.)

Simple athletic and cardio drills, partnered with balance training, flexibility, and relaxation components combine for a total body workout.

Gentle Yoga (T: 9:00 a.m.)

This peaceful flow is great for beginners or those looking for mobility and relaxation from their yoga practice.

Silver Sneakers Yoga (T/TR: 10:30 a.m.)

This class moves your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures.

Silver & Fit Excel (T: 11:30 a.m.; TR: 9:30 a.m.)

This class, focused on endurance improvement, is for very active older adults who regularly exercise three or more days per week. Participants must be able to move from floor to standing, and vice versa.

Pickle Ball (S: 8:00 a.m.-12:00 p.m.; W: 6:00 p.m. - 8:00 p.m.)

\$2.00 for Members, \$5.00 for Non-Members.

Chuck Thiel & the Jolly Ramblers Community Club Tours (320-395-2746)

Lend Me a Tenor (February 6: 11:00 a.m.)

The general manager of the Cleveland Grand Opera Company is set to welcome world-famous Tito Morelli, the greatest tenor of his era, to appear for one night only as Otello. The star arrives late, and following a series of hilarious mishaps, is given a double dose of tranquilizers and passes out. He convinces his assistant to put on Morelli’s costume and fool the audience into believing they are seeing the star. (\$62)

Church Basement Ladies: You Smell Barn (February 14: 10:30 a.m.)

You Smell Barn celebrates rural life in the 1950’s. And at the center of it all, are your favorite Church Basement Ladies. Whether you’ve seen several versions, or are new to the world of the basement, the 7th in the Church Basement Ladies series is a musical treat for all. (\$59)

Church Basement Ladies: Rise Up, O Men (February 19: 10:30 a.m.)

Rise Up, O Men features the men of the church and your favorite church basement ladies who serve them. As these hard-working farmers discuss their scrap lumber piles and the benefits of solder vs. weld, they unintentionally disrupt the order of the kitchen. (\$59)

Buddy Holly: Not Fade Away (February 21: 10:30 a.m.)

This show includes some rock’n roll history in reverse. The first set features songs from Gene Pitney, Sonny Curtis and Bobby Vee. The second set is All Holly Hits! (\$79)

Waconia Library (952-442-4714)

Waconia Writers Group (February 2: 10:30 a.m.)

Held in the fireplace area, meet aspiring writers for advice and support.





February 2019: Senior Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	2 8:00 a.m. Pickle Ball 10:30 a.m. Waconia Writers Group
3	4 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 6:00 p.m. City Council Meeting	5 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 3:00 p.m. First Aid CPR/AED	6 8:00 a.m. Arthritis Aquatics 11:00 a.m. Lend Me a Tenor 12:00 p.m. Potluck Luncheon 2:00 p.m. Healthy Living Series 6:00 p.m. Pickle Ball	7 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	8 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	9 8:00 a.m. Pickle Ball
10	11 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 6:30 p.m. Getting Started on Facebook	12 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	13 8:00 a.m. Arthritis Aquatics 10:00 a.m. Make Valentine Cards 11:00 a.m. Volunteer Services Information Session 12:00 p.m. Baked Potato Bar 1:00 p.m. Ten Cent Bingo 6:00 p.m. Pickle Ball	14 9:30 a.m. Silver & Fit Excel 10:30 a.m. Church Basement Ladies 10:30 a.m. Silver Sneakers Yoga <i>Happy Valentines Day</i>	15 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	16 8:00 a.m. Pickle Ball
17	18 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	19 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 10:30 p.m. Church Basement Ladies 11:30 a.m. Silver & Fit Excel 6:00 p.m. Beginner Quilting 6:00 p.m. City Council Meeting	20 8:00 a.m. Arthritis Aquatics 10:00 a.m. Wellness Series 11:00 a.m. We Three Kings 12:30 p.m. Bridge Club 6:00 p.m. Pickle Ball	21 9:30 a.m. Silver & Fit Excel 10:15 a.m. Music Education Series 10:30 p.m. Buddy Holly 10:30 a.m. Silver Sneakers Yoga	22 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	23 8:00 a.m. Pickle Ball 1:30 p.m. Advance Care Planning
24	25 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	26 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	27 11:00 p.m. Ron Kolb 12:00 p.m. Free Lunch with New Perspectives 12:30 p.m. Bridge Club 1:00 p.m. Ten Cent Bingo 6:00 p.m. Pickle Ball	28 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga		

For more information on these activities and events, check out the websites or contact the phone numbers below:

Waconia Area Senior Center: 952-442-4642 <http://waconiaSeniorcenter.wixsite.com/seniorcenter>

Safari Island: 952-442-0695 or <http://www.safariislandcommunitycenter.com/>

Mackenthun's: 952-442-2512 or <https://www.mackenthuns.com/events.html>

Chuck Thiel & the Jolly Ramblers Community Club Tours: 320-395-2746 or <https://www.facebook.com/JollyRamblers/>

Waconia Library: 952-442-4714 or <https://www.carverlib.org/locations/waconia>

Ridgeview Medical Center: 952-442-2191 or <http://health.ridgeviewmedical.org/events/browse>

Waconia Community Education: 952-442-0610 or <https://www.isd110.org/community-ed>